



**A - P A R T**  
**of the crowd**

**RESOURCE  
CARD**

**T:** 1800 721 513

**E:** [a-partofthecrowd@unimelb.edu.au](mailto:a-partofthecrowd@unimelb.edu.au)

Please contact your GP or other primary health provider for further support services if you are feeling distressed by any of the research content.

## **Lifeline**

Ph: 13 11 14

W: [www.lifeline.org.au](http://www.lifeline.org.au)

## **Safe Steps**

Ph: 1800 015 188

## **1800 RESPECT**

Ph: 1800 737 732

## **13 YARN**

Ph: 13 92 76

## **WellMob**

W: [wellmob.org.au](http://wellmob.org.au)

## **Parentline**

Ph: 13 22 89

## **Suicide CallBack Service**

Ph: 1300 659 467

W: [www.suicidcallback  
service.org.au](http://www.suicidcallback<br/>service.org.au)

## **Kids Helpline**

Ph: 1800 551 800

W: [kidshelpline.com.au](http://kidshelpline.com.au)

## **ARAFEMI Carer Helpline**

Ph: 1300 550 265